

30TH MEDICAL COMMAND (DEPLOYMENT SUPPORT)

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ONE TEAM, MOVING FORWARD

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160th FST Goes to the Field, Pg. 3

421st MMB says goodbye to Wiesbaden, Pg. 4

30th Medical Bde Transforms, Pg. 4

30th MED COM Prepares for winter safety, Pg. 7

160th FST in action

Story and Photos by Sgt. David Chapman
30th MEDCOM PAO

The 160th Forward Surgical Team, practice makes perfect as they took part in a surgical exercise at Miesau Army Ammunition Depot, Oct. 20. A surgical team must be continuously ready to deploy and serve anywhere in the world at a moments notice. It also has to be ready to serve in a forward combat situation to patch up Soldiers who are wounded and need immediate surgical care.

“We are a rapidly deployable 20 man surgical team that can deploy to any spectrum of operation in support of the health service support mission,” said Capt. Travis Hawksley, 160th FST surgical team chief and critical care nurse. “We are here to provide resuscitative surgery; we don’t do sick calls or anything, just surgery.” The unit maintained a field size surgical site and ran training exercises and scenarios. During these scenarios the surgical could see how they should perform in the event of a mass casualty events and emergency surgical situations.

Even though the unit had just returned from a 15 month deployment in Afghanistan in Feb. 2008, it was important for the team to come together and practice up their skills for

potentially going somewhere else in the world to provide medical care.

“Basically, we are out here recertifying the unit and checking our abilities to perform our war time mission,” said Hawksley. “We have a lot of new personnel and there is a lot of learning going on while we are doing these exercises. We are also giving those people who are working in the hospitals an opportunity to come out here and work with equipment they may not be familiar with.”

At the end of the event the unit will again be certified and trained to handle a critical care situation where ever the Army require’s them to be at a moments notice.



Photo by Sgt. David Chapman 30th Med. Bde PAO



Photo by Sgt. David Chapman 30th MEDCOM PAO



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421st medics leave Wiesbaden for Iraq

Story by Sara Goodeyon

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

After months of training and preparation the 421st Multi-functional Medical Battalion headquartered at Wiesbaden Army Airfield deployed to Iraq. The 12-month tour of duty will support of Operation Iraqi Freedom.

In a solemn ceremony at the Wiesbaden Fitness Center Oct. 3, the company's Soldiers attired in full battle dress, watched as the battalion colors and detachment guidon were cased for the deployment. "You trained hard and are pre-

pared mentally. ... I have full confidence that you will excel in a complex environment," said Col. Bernard L. DeKoning, 30th Medical Brigade commander, to the assembled Soldiers.

Dekoning advised the Soldiers to give their full concentration to their mission with the knowledge that "your families will be taken care of," during their absence.

"Concentrate on the complex mission ahead of you. Medics forward," he said.

"The 421st has a long and distinguished history," said Lt. Col. Noel J. Cardenas, 421st MMB commander, adding that this time the company

deployed as a fully functional unit with two units already gone and two more on the way, and that it was done with a short window of time to prepare and deploy.

Cardenas advised the Soldiers to stay focused and to look out for themselves and each other. He also said that they would receive all of the support they need. "The rear detachment is ready to take care of your needs and will be available 24/7 to help you," said Cardenas.

"You leave behind those who love and support you most," he said speaking of the Soldiers' families.

Cardenas addressed the chil-

dren of the Soldiers saying, "These times are the most difficult for you. My commitment to you is this: I will do everything I can to keep your mom or dad safe."

The 421st Medical Company was constituted in 1933 in the regular Army and went through several reorganizations before eventually being designated as a battalion in 1977 making it the first evacuation battalion in the Army. The goal was for the battalion to have ground and air evacuation capabilities.



Photo by Sgt. David Chapman 30th MEDCOM PAO

Lt. Col. Noel Cardenas, 421st Multi Functional Medical Battalion commander, and Command Sgt. Maj. Roosevelt Mitchell, 421st MMB command sergeant major, case the unit colors for the journey to Iraq, during a ceremony at the Wiesbaden Army Airfield Fitness Center, Oct. 3.

Welcome the New 30TH MEDICAL COMMAND (DEPLOYMENT SUPPORT)



Photo by Sgt. David Chapman 30th MEDCOM PAO

Col. Bernard L. DeKoning, 30th Medical Command (Deployment Support) commander, and Command Sgt. Maj. Christopher A. Walls, 30th MEDCOM command sergeant major, unfurl the new unit colors during a redesignation ceremony at Nachrichten Kaserne, Oct. 17.

Medical Brigade Changes its Colors

Story by Sgt. David Chapman
30th MDSC PAO

Heidelberg--An era came to an end as the 30th Medical Brigade cased its colors and activated as the 30th Medical Command (Deployment Support) during a ceremony Oct. 17 in Heidelberg, Germany. The 30th Medical Brigade had an illustrious 75-year history. It first organized in October 1933 as the 30th Medical Regiment, 1933, and saw action at Omaha Beach during World War II, and served in Korea and in

Operations Desert Shield and Desert Storm. Some elements have deployed to Hungary, Croatia, Bosnia-Herzegovina, Romania, Bulgaria, Republic of Georgia and Operations Enduring and Iraqi Freedom. The ceremony began with the playing of the German and American National Anthems, played by the 76th Army Band. During the ceremony, 30th Medical Brigade commander Col. Bernard DeKoning and Command Sgt. Maj. Christopher A. Walls cased the 30th Medical Brigade colors and unfurled the new 30th MEDCOM colors before the reviewing official, Brig. Gen. Keith W. Gallagher, the U.S. Army Europe Command Surgeon, who commands the Europe Re-

gional Medical Command. In brief remarks during the activation ceremony, Brig. Gen. Gallagher said the new medical command is a great asset for the U.S. Army Europe. "The 30th MEDCOM represents an awesome enabling force for the commanding general of the U.S. Army Europe and 7th Army in combat health support, medical logistics, evacuation and humanitarian services," said Gallagher. "The 30th MEDCOM will provide the requisite medical command and control to deliver timely and responsive health support services on the modern modular battlefield." Gallagher said a unique aspect of the 30th MEDCOM is its ability to deploy an operational

command post along with other combat service support elements from Europe wherever needed.

Col. DeKoning said the transition from a brigade to a medical command is important to the overall Army mission. "This transformation will synchronize the Army Medical Department with the Army's current operational doctrine," said DeKoning. "The 30th Medical Command will have the required agility and flexibility to command and control full spectrum health system support in today's complex political-military environment." The ceremony concluded with the playing and singing of the Army song.



Photo by Sgt. David Chapman 30th MEDCOM PAO



Photo by Sgt. David Chapman 30th MEDCOM PAO

**30TH MEDICAL COMMAND (DEPLOYMENT
SUPPORT) HHC
CAPT. CHRISTOPHER KISS, COMMANDING**



Photo by Sgt. David Chapman 30th MEDCOM PAO

**421ST MULTIFUNCTIONAL MEDICAL BATTALION (REAR DETACHMENT)
LT. COL. BRIAN BALOUGH, COMMANDING**



Photo by Sgt. David Chapman 30th MEDCOM PAO

**212TH COMBAT SUPPORT HOSPITAL
COL. BRIAN CANFIELD, COMMANDING.**

FROM THE CHAPLAIN

Deployment-Proofing Your Marriage

This issue begins a short series for us military-types who are married and those who may marry some day. It has ten simple, yet poignant points because chaplains like things in tens. Although I am sure there are more than ten items we can think of if we wanted. This issue we'll begin with our first installment and we'll add more in each successive issue. See what you think about these:

1. Learn the Real Meaning of Love.

Love is not just a sentimental feeling, nor is it simply affection. It is also an act of the will...a determination to give love in a form the other can accept. Love does not demand, it

gives. Your own need for love can make you unlovable if it is expressed in a demanding or martyred manner.



2. Give Up Your Dreams of a "Perfect Marriage" and Work Toward a "Good Marriage."

There are no perfect marriages for the simple reason that there are no perfect people. Marriage is the most difficult and complex of all human relationships, and it requires patience, skill, tact, and emotional and

spiritual growth. You can "grow a good marriage" if you are willing to work at it.

So there you have it, think about these points and stay-tuned for our next installment as we work towards deployment-proofing our marriages.

WATCH THE TRAINING CALENDAR FOR THESE UPCOMING UMT TRAINING EVENTS:

- Single Soldier Training 12-15 NOV at Garmisch
- Married Couples Training TBD (Jan-Mar)
- Family Training TBD (Jan-Mar)
- Families of Deployed Train-

ing TBD (Jan-Mar)

- Single Soldier Training TBD (Jan-Mar)

Feel free to call, email or stop-by to learn more about these developing events.



FROM THE FRSA

MILITARY ONESOURCE

Any deployment cycle can be a stress factor on the Soldier, Spouse, Family Member and children.

The Army has programs in place to help YOU cope with any problems you may have.

Visit your local ACS (Army Community Services) or check the website below to get the free service you need, e. g. counseling, deployment, parenting, legal, moving, education, money, translation and more.

Ask your Battalion FRSA for assistance. The FRSA can provide you with free educational CDs, booklets and DVDs as well.

Visit www.militaryonesource.com or contact a Military OneSource consultant at 1-800-342-9647 for assistance with a particular issue, anytime.



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30th MEDCOM trains for winter safety

By Jason L. Austin
Herald Post

The cold morning temperatures seemed appropriate for Heidelberg's Winter Safety Day held Oct. 23 at the Patton Fitness Center. The event was almost singularly focused on vehicular safety during the winter months except for the cold weather injury and fire safety briefings.

The reason for the heavy emphasis on auto safety, according to E.J. Singleton, safety and occupational health specialist, U.S. Army Garrison Baden-Württemberg, is that 70 percent of winter deaths are automobile related.

In effort to combat that figure, safety day featured two driving simulators – one was an automobile simulator that replicated driving under the influence, the second was a motorcycle simulator brought by ADAC.

Nelson McPhereson, from the Tompkins Auto Craft Shop, talked to Soldiers about winterizing their privately owned vehicles.

One McPhereson tip: replace your windshield wipers and put the old ones in the trunk in case you need to make an emergency swap. He also encouraged everyone to have their battery and antifreeze tested at the auto craft shop.

V Corps Master Driver Staff Sgt. Curtis Troublefield talked to Soldiers about the unique challenges of driving a Humvee during the winter months.

The Winter Driving Class, mandatory for those who drive government vehicles, was given by Singleton.

Mike Spittler, a safety advisor for the 30th Medical Command, talked about motorcycle safety for both riders and auto drivers.

When opening the day, Lt. Col. Robert White, U.S. Army Garrison Heidelberg commander, stressed four points about winter driving:

- There is a lot of fog in Europe, which requires drivers to reduce their speed and increase their following distance. The laws on fog lights vary throughout Europe, so check the local laws before traveling to another country.
 - Black ice, which has the appearance of standing water, is starting now. It can form at temperatures around 40 degrees Fahrenheit on bridges and shaded spots.
 - When traveling to the Alps, snow chains are mandatory equipment.
 - It's time to change to winter tires. The requirement to change tires is area specific, said Wray Holan, safety director for USAG Baden-Württemberg.
- Throughout the day, presenters brought up the importance of winter tires. As of Oct. 15, summer tires are no longer legal, but all-weather or mud and snow tires are acceptable. That is until an accident occurs.

If non-winter tires may have contributed to the accident, German police have the discretion to charge the driver as liable for the



Photo by Jason L. Austin, Herald Post

Staff Sgt. Melissa Kelly-Sell, 30th Medical Command, uses a carbon dioxide fire extinguisher to douse a propane fueled flame during the U.S. Army Garrison Heidelberg Winter Safety Day held at the Patton Fitness Center Oct. 23.

accident, Holan said.

Additionally, the rules change from state to state and country to country, so check local laws before traveling.

The key to driving in the winter according to Singleton is to "plan ahead, and give yourself extra time to get somewhere."

Not only a winter driving concern, drunken driving is still a problem, according to Scott Harris, a risk reduction coordinator for USAG Baden-Württemberg. Harris reminded the crowds that the legal blood alcohol limit for Germany is .05 percent, which equates to about one beer, he said. The one caveat was that in an accident a BAC of .03 percent makes the driver at least partially liable.

Another concern for Holan was fire safety during the holidays. He said there are typically more house

fires during the holidays, especially kitchen fires.

As people decorate and begin using candles to create a more festive atmosphere, there is a greater fire risk.

In response, the USAG Heidelberg Fire and Emergency Services brought a bit of warmth to the cold morning with a fire extinguisher class.

Several Soldiers attacked a propane-powered blaze with an extinguisher to the moans of the chilly crowd.





Photo by Sgt. David Chapman 30th MEDCOM PAO

Capt. Eric Setter, 561st Medical Company (Dental Services) dentist, performs a dental cleaning on a Soldiers training at the Grafenwohr Training Area, during the unit's certification exercise, October 28.

Rinse, Spit, Repeat

561st takes the clinic to the patients



Photo by Sgt. David Chapman 30th MEDCOM PAO

Sp. Xania Grenade, 561st Medical Company (Dental Services) dental hygienist assistant, performs a dental cleaning on a patient during the unit's certification exercise at Grafenwohr Training Area, October 28.

The buzzing of dental drills and tooth brushes fill the air, as members of the 561st Medical Company (Dental Services), treat Soldiers from all over the Grafenwohr Training Area, October 28.

With Soldiers constantly training in the area, the unit had no shortage of patients during the recent certification exercise the the training area's Camp Aachen. The dental unit spent a week performing simple dental procedures such as cleaning and fillings, using the same equipment they would use during a humanitarian mission or in a combat zone.

For some of the Soldiers in the unit working in the field is different from working in a dental clinic.

"It is unique working in a unit like this, it's also very difficult," said Capt. Lucas Homicz, 561st Med. Co. dentist. "You won't see the guys assigned to a dental clinic doing this kind of work. These Soldiers have to set up their clinic, lifting all the gear in

their body armor and Kevlar helmets."

Just because the setting up is done and it's time to begin seeing patients, does not necessarily mean that everything is going to work smoothly once they start working.

"This is beneficial training because as a deployable unit, not everything works from the start. Training like this teaches you to anticipate problems and to show us what our capabilities are and what needs improvement," said Homicz. "If you prepare for the worst and then you get to an area that turns out better than expected, it is only going to benefit you and your patients."

But despite the hard work that comes with a unit like the 561st, also comes a very important benefit.

"This is good training and at the same time it gives us an opportunity to bond together as a unit.

You need this whole team working together," said Homicz. "The camaraderie that

comes with this type of unit is great, it has its ups and downs, but I enjoy the personality. You usually do not see most of the other guys when you are working in a regular clinic."

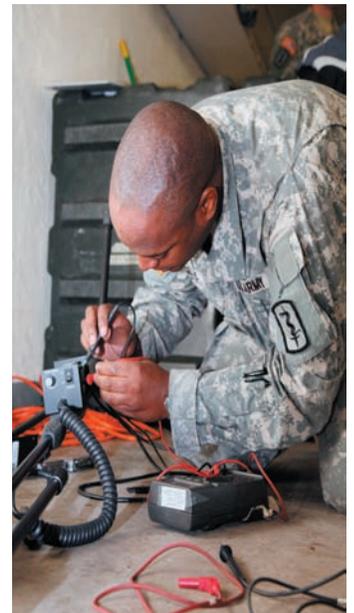


Photo by Sgt. David Chapman 30th MEDCOM PAO

Sgt. Christopher Douglas, 561st Medical Company (Dental Services) medical maintenance NCO, repairs a light used by dentists during the unit's certification exercise at Grafenwohr Training Area, October 28.